

The Waterford Coalition for Youth and Waterford Youth Assistance
with
Presenting Sponsor McLaren Oakland Hospital

Share an important documentary by IndieFlix



Angst

**BREAKING
THE stigma
AROUND
Anxiety**

THURSDAY, OCTOBER 12, 2017

6:00 - 8:00 PM

WATERFORD MOTT PERFORMING ARTS CENTER

1151 Scott Lake Road, Waterford

Guest Speaker: Gillian A. Dixon, LMSW

ANGST is a documentary and virtual reality experience that helps us look at anxiety, its causes, effects, and what we can do about it. The film features interviews with kids and young adults who suffer or have suffered from anxiety and what they've learned. Experts who help people manage their anxiety and focus on researching its causes and sociological effects will offer tools and resources that provide hope. Local resources will also be on site to offer their assistance. [More info at wcfy.org](http://wcfy.org) and waterforyouthassistance.com. [Visit the trailer on Facebook.](#)

***This project explores a conversation about anxiety that is intimate, honest and accessible.
Let's break the stigma around anxiety!***

The event is free and open to the public. Call 248-618-7424 to reserve your space today.



The Waterford Coalition for Youth
A Family/Community Partnership



OAKLAND



Federal, State and County funding has been provided through the Oakland Community Health Network to help support the project costs.